

# ABSC Classic City Masters Swim Team

## Swimmer Background and Health History

Name: \_\_\_\_\_  
(Last) (First) (Middle Initial) (Preferred Name – if different)

Age: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Contact Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

### Background with Non-Swimming Athletics, Sports Training, and/or Exercise Programs (most recent to least recent)

Type of Activity <small>(Ex: Running, Yoga, Bowling, Soccer, Triathlons, etc)</small>	Duration <small>mo/year to mo/year (Ex: 3/2012-5/2014)</small>	Frequency <small>Average number of times per week</small>	Independent or Organized

### Background with Swimming (place a check next to all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Just recently learn how to swim     | <input type="checkbox"/> Swam for a year round swim team             |
| <input type="checkbox"/> Swam growing up, but nothing formal | <input type="checkbox"/> Swam for a college team                     |
| <input type="checkbox"/> Swam for a summer league as a child | <input type="checkbox"/> Swam on another Masters swim team           |
| <input type="checkbox"/> Swam for a high school team         | <input type="checkbox"/> Swim regularly on my own recently/currently |

Do you have any pre-existing medical conditions that a coach should be aware of?  Yes  No

If Yes, have you discussed participating in a Masters Swim Program with your doctor?  Yes  No

Do you have any range of motion issues or concerns that a coach should be aware of?  Yes  No

Swimming is a lifelong sport, but that does not mean that swimming is free from the risk of injury. It is extremely important that you, as a Masters swimmer, “listen to your body.” It is important to voice any concerns about pain early to your coach, so they can help you address a small problem before it, potentially, turns into a big problem. Your coaches will always work with you to ensure maximum health and safety, including making adjustments in a workout based on need. At any point, it is completely acceptable to stop during a workout and take extra rest as long as you follow practice etiquette.

I have read and understand the ABSC Classic City Masters Practice Etiquette: \_\_\_\_\_ (initial)